

2000
Lifestyles



Free

Vol. 17 Issue 12

December 2015

Merry Christmas

24 Days of Great Ideas

(TO GET YOU THROUGH THE HOLIDAY SEASON)



*CHS wants to help you
celebrate in a healthy way!*

Beginning December 1st, checkout our CHS Facebook page every day for a new post to help you manage your holiday challenges and have more fun!

YOU'LL FIND:

- Delicious and nutritious recipes perfect for holiday entertaining
- How to substitute ingredients for a healthier dish
- Quick exercise tips for a busy schedule
- Stress busters
- And fun features too

HERE'S WHAT YOU SHOULD DO:

- If you haven't done so already, like us on Facebook by going to www.facebook.com/fremontchs
- No Facebook? Check out website at www.fremontchs.com
- Log on daily and look for a new recipe, tip or link
- Share Your Ideas too! Post your favorite healthy holiday recipe or tip on your Facebook page.

**On behalf of the physicians and staff at Community Health Services,
have a healthy, happy Holiday Season!**

CHS

COMMUNITY HEALTH SERVICES

WE CARE.



Lifestyles 2000

December 15
Vol. 17 • Issue 12
www.lifestyles2000.net



Out to Lunch

By Lynn Urban



Bamboo House

I had my doubts about the new restaurant on West State Street in Fremont, but I was a bit amazed by the transformation of the old Bonnie and Cy's into this new look of a Japanese Sushi and Hibachi Grill. The Japanese décor is beautiful and the staff is very friendly and helpful by explaining the very large menu.



The Bamboo House has a full length sushi bar along one wall where you can actually watch a young man making sushi to order. The food is very fresh and full of flavor. The menu has a large variety of items made with chicken, steak, shrimp, salmon, and vegetables. I can't begin to tell you how many different sushi rolls they offer, and if you like sushi, you will be pleasantly surprised. My daughter went for the California roll, made of crab meat, avocado, and cucumber, which I tasted and it was pretty good. It was served with a slightly

spicy dipping sauce. As a garnish, they use fresh ginger. The waitress mentioned, it is to cleanse your pallet. She informed us how healthy ginger is for you. The house salad dressing is a sweet and tangy creamy ginger dressing as well and was very good.

You can order small portions starting at \$3.50 or full dinners at around \$10.00 on up. We started out with a serving of four lightly fried spring rolls as an appetizer for \$2.95, served with a sweet and spicy dipping sauce. I ordered a teriyaki meal of Japanese noodles, vegetables and chicken for \$8.95, which came with their signature mushroom soup. It was good and I had a plate full. Kim had fried rice and teriyaki vegetables. She had enough for a meal the next day.



No alcohol is served, beverages include soda, bottled water and tea. It's nice that something unique has come to Fremont and definitely worth a try.

Fremont Country Club



2340 E. State Street
Phone
419-332-0581

www.fremontcountryclub.com

CALL TO BOOK
YOUR 2016 PARTY

Dining Room Closed Jan. 1st
Reopening Feb. 14th
for Sunday Brunch

STILL SOME DATES OPEN
FOR HOLIDAY PARTIES!

The Grund Drug Co.

"Our Family Serving Yours
Since 1861"



Happy
Holidays!

Stop in
for a great
selection of
gifts, Holiday
& Everyday
cards!



Fremont's only locally owned pharmacy
& downtown post office is located at
227 S. Front Street, Fremont OH 419-332-5585
Mon-Fri 9am-7pm Saturdays 9am-5pm

NEWS & NOTES:

Camp Fire News.....	4
Home Fire Preparedness Campaign	13
Girl Scout Troop Delivers Holiday Cheer	16

BUSINESS SENSE:

Interpersonal Edge, Daneen Skuba.....	5
Computer Geek, Adam Herrera	8
New Business Opens in Fremont: Body & Sole	10
Positive People's December Luncheon	11

ENTERTAINMENT:

Out to Lunch: Bamboo House, Lynn Urban	3
Video View, Jay Bobbin	8
Calendar of Events	9
History Notebook, Nan Card	10
SUDOKU	10 A) 13
Helen Marketti's Music Corner	14
In Your Own Backyard.....	15
Omarr's Astrological Forecast.....	17

HEALTHY LIVING:

Mayo Clinic: Eyelid lift.....	6
Reiki Circle.....	7
The Kid's Doctor, Sue Hubbard, M.D.	15
The Doctor of the Future	19

HOME & HEARTH:

My Room of Tears, Alisa Florio	6
12 Acres in Ohio, Gena Husman/Robin Arnold	7
"Grate" Treats and Eats, Christine Timko-Grate	12
Pet World, Steve Dale.....	18

Lifestyles is available
at local Subways in
Fremont & Clyde,
Great Scot, Denny's
and Frisch's

Like us on





609 E. State
Fremont
419-334-7901

Happy Holidays!
Small Rally Burger Combo
\$1.99

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

Advertising/General Information

For advertising and general information call, 419-334-3602, or e-mail lifestyles2000@sbcglobal.net

Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

And so we are at the end of another year...we at Lifestyles2000 wish all of you a Merry Christmas and a Happy New Year. We look forward to 2016 and the opportunity of bringing you the very best in local reading. We are so very thankful for our advertisers and our readers for giving us sixteen wonderful years. Thank you all so very much.

God bless and please stay safe over this busy holiday season.

Joanne & Pete McDowell



Less than 100 correct entries again, maybe this month we will make it easier! The correct answer was Women's Health Specialists.

Find Pete Winners

Winners are: Maryle Green, Mary Raifsnider, Mike Todd, Lynne Warwick, Bellevue; Adam Kohler, Patti Saam, Cassie Molyet, Jordan Langley, Diane Covert, Jerry LaGrou, Jessica Ritter, Fremont; Donna Lloyd, Lynne Meyer, Marvin Boyd, Clyde; Jinny Moll, Cheryl Abel, Lynn Fox, Gibsonburg; Rosemary Durst, Kansas; Kimber Edmonds, Vickery; Delaine Orndorff, Lindsey.

Thanks for entering and Merry Christmas!

Find Pete Prizes

Prizes are from Jenesis Salon, Pond Builders, Dairy Queen West and Rally's. The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad.

As I drove home the other night, I noticed a brightly lit Christmas tree twinkling through a window, a mailbox adorned with pine garland and holly, and several other signs of Christmas. It occurred to me that the end of the year was right around the corner and I began to reflect on the many things that Camp Fire experienced throughout the year.

Although the year started out with winter winds and the arctic temperature chilled us to the bone we kept ourselves busy getting ready for club meetings, the introduction of new faces as members of the Board of Trustees, and planning the year's first fundraising event; Uncork the Fun. We set up our own indoor sled for those not brave enough to be out in the bitter cold.

As the buds began to open and the birds began to sing, we remained active getting ready for Birthday potlucks and our spring product sale. We were concerned that the rains would never stop but when they did with the help of the "Love Your Neighbor" program and Fremont Kiwanis Club we started getting our grounds ready for summer camps.

Before we knew it, students from the School of Hope came out for Camp Wanna Go. We offered numerous camps this past summer with hundreds of exciting, smiling youth attending. The confidence the youth gain by learning how to paddle a canoe, hit the target during archery or catch a fish is unmeasurable. No electronics at our camps - therefore the youth are talking to each other and discovering that being outside is fun! Summer was also a time that allowed Camp Fire the opportunity to partner with area youth organizations and businesses including 4-H, Fremont Rec Center and School of Hope summer program.

When the foliage took on bright colors of reds, yellows, and gold, clubs started, team building retreats took place, and area preschool classes returned to participate in our educational programs including our unique Pioneer Day.

December we will be busy with our club members, parades and holiday parties. Come join us on December 12th to watch brave souls jump into our pond for our fundraiser "Freezin' for a Reason". If you feel up to the challenge contact the office for details!

As this year comes to a close we would like to say THANK YOU to the volunteers, parents, businesses and youth that help make Camp Fire what it is today. We wish each and everyone a safe and happy holiday season.



Jenesis Salon



Happy Holidays from Jenesis Salon

Don't make the naughty list this year with a bad hair do! Get a fresh new look at Jenesis!

The One and Only Brazilian Blowout

\$100 with coupon

Color Special Hi Lites

\$5 off with coupon

We do all the direct dye colors from PURPLE to SILVER! Ring in the New Year with fun in your hair!!

419.333.0031

607 Walnut Street, Fremont
Corner of 5th Street and Walnut

FBR 1405 E. State St
Fremont

419-334-9455

www.fremontbattingrange.com

Dec 22-23 7th annual winter break
Baseball Skills Clinic Ages 8-12

Dec 29-30 3rd annual winter break
Fastpitch softball skills Clinic Ages 8-12

REGISTER NOW

Winter Indoor Hitting Leagues
Begin Jan 9, 2016

8 week season, hits 1 time a week
\$55.00 per person, for all ages,
4 person team

Q. Your column often refers to how we all are “unconscious” of many of our interpersonal habits. I really want to stop having so much stress and conflict at work. How can I see what I am doing that is unconscious?

A. You’ve already taken the first step, which is noticing there are aspects of yourself that you haven’t paid attention to. The next step is to closely track the stuff at work that most upsets you.

Keep a trigger journal for at least two weeks. Jot down every situation, no matter how small, that really gets you anxious, mad or hurt. In this same journal, write down every situation in which you blame others for your suffering.

At the end of two weeks, go back and objectively review your journal. What feelings are hardest for you to feel? What situations are you in often where you feel other people have all the power and you have none?

Now link these two challenges. Ask this question, “If I were willing to totally feel (insert most uncomfortable

emotion), what options might I have in (insert situation in which you feel powerless)?”

You’ll quickly discover that the person keeping you stuck is you. Attempting to see your unconscious is a lot like trying to see our blind spot in your car. From inside the car, it is pretty darn tough to see what is going on in that one area.

The easiest way to spot our unconscious habits from inside yourself is to pay attention to your intense emotional reactions. Emotions in the workplace have gotten a bad rap. The truth is the emotions are the royal road to learning everything we need to know about ourselves to succeed.

I often ask my readers to “fake it till you make it.” When you are stuck emotionally, doing corporate theater and acting better than you feel will get improved results. However, when you can dive into all your profound emotional experiences during the day, digest them and then think carefully about how you should act, your career will take off.

Suppose you are anxious around people. You can certainly act more extroverted and assertive than you feel. But people are quite intuitive. They will sense your tentative energy and try to walk on you.

If eventually you can get to the root of your anxiety and tolerate that feeling. You will discover an enormous freedom to do exactly what you need to do to get what you want. You will not be hamstrung by worrying what others think, needing to be right or defending your point of view.

You may also become more curious about feedback from others. Toss out vague criticisms without specifics. Make sure you dig for examples. Even that guy you think is stupid on your team can probably see your blind spot better than you can if you ask him for specifics.

With all the time you will save from unnecessary power struggles, arguing with people or feeling offended, you can plot how to take over your workplace. You’ll have a lot more energy left

also at the end of the day to have a rich and delightful personal life!

The last word(s)

Q. The better I get to know people at work, the more I like my dog. Is there a reason people seem to go out of their way to be rude, irresponsible and angry with me?

A. Yes, these people are in internal interpersonal hell, and they like to share. Try to remember that they act this way with everyone.

(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel’s “Workplace Guru” each Monday morning. She’s the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)

(c) 2015 INTERPERSONAL EDGE



Your Hometown Healthcare Provider

Check us out on Facebook
www.OhioBabyDoctor.com

1922 Glen Springs Drive Fremont, OH 43420

Phone: 419.333.9026

Care Provided:

- Total Women’s Health
- Pregnancy
- 4D Ultrasound
- Gynecology/Surgery
- Incontinence
- Menopausal Care



Kurt D. Harrison, D.O.



Stanley Carr, M.D.

Mayo Clinic

Eyelid lift can help reduce vision problems caused by excess skin

DEAR MAYO CLINIC: I just turned 48 and am considering having blepharoplasty surgery to remove the excess skin on my eyelids, which has bothered me for years. What does this procedure involve? What are the risks? Is the change permanent, or is there a chance my eyelids will return to the way they look now?

ANSWER: The surgery you're considering typically includes removing extra skin, muscle and fat from both the upper and lower eyelids. Blepharoplasty, also called an eyelid lift, can help reduce vision problems caused by excess eyelid skin. It also can make your eyes look younger and more alert. As with all surgery, there are risks involved.

As you age, your eyelids stretch, and the muscles supporting them get weaker. As that happens, extra fat may gather above and below your eyelids, causing droopy upper lids and bags under your eyes. If the skin around your eyes sags significantly, it can make it harder to see, especially in the upper and outer parts of your field of vision. Eyelid surgery may be able to reduce or eliminate these problems.

Blepharoplasty is usually done on an outpatient basis, so you don't need to stay in the hospital. The procedure can be done while you're awake. You receive medication to help you relax, and medication is injected into your eyelids to make them numb. Blepharoplasty also can be done while you're asleep under a general anesthetic.

During blepharoplasty, your surgeon cuts along the creases of your eyelids to trim sagging skin and muscle and remove excess fat. After the excess tissue is removed, your surgeon joins the skin with tiny stitches.

Blepharoplasty typically takes 30 minutes to two hours depending on exactly what is done. It may take longer, however, if other procedures are combined with the eyelid surgery. Even if this is the case, most people can go home the same day that they have the surgery.

Your vision may be blurry for some time after surgery. It typically returns to normal after two or three days. Full recovery takes about two to four weeks. During that time, you may have some bruising around your eyes. As you recover, your eyes may be more sensi-

tive to wind and light. You may notice some double vision or blurry vision from time to time during your recovery. Benefits of blepharoplasty often include better vision and a more youthful appearance. For some people, those results last a lifetime. For others, droopy eyelids may recur and could require additional surgery.

Other long-term risks from blepharoplasty include developing dry eyes, having difficulty closing your eyes or other eyelid problems. Rarely, the surgery can injure your eye muscles. Everyone who undergoes the procedure has scarring, but in most cases it improves to a point that it's not noticeable. Improvement in the scar can continue for as long as one year after surgery.

The likelihood that you will experience problems after blepharoplasty is lower if you don't have a chronic medical condition, such as diabetes, or another illness that could slow healing. Nonsmokers and people who do not have serious eye problems also tend to have better outcomes from this surgery. Smokers should quit smoking at least one month before surgery to minimize the risk of complications and to improve the outcome.

Having a well-trained, experienced surgeon who's familiar with blepharoplasty also may lower your risk for problems. At Mayo Clinic, blepharoplasty is performed by surgeons in several departments: plastic surgery, ophthalmology and otorhinolaryngology (ENT). You can find information about surgeons in your area at the American Society of Plastic Surgeons website: www.plastic-surgery.org.

Once you find a surgeon you feel comfortable with, talk with him or her about the benefits and risks of eyelid surgery. Together, you can decide if this procedure is a good choice for you. - Uldis Bite, M.D., Plastic and Reconstructive Surgery, Mayo Clinic, Rochester, Minn. (Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN@mayo.edu](mailto:medicaledge(AT)SIGN@mayo.edu). For more information, visit www.mayoclinic.org.)

(c) 2015 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH.

My Room of Tears: Became No More Tears with Jesus

by Alisa M. Florio, local author and artist

I've come to realize that every seven to ten years people make changes or need to add something in their lives to keep them feeling stimulated. In my world, these stimulants are all related to the inner and outer beauty and well being. Helping people get to where they are trying to go, emotionally as well as physically. After many years of discipline to receive certification, it has been well worth being able to serve others in life.

My personal love story started with a broken young woman who was determined to endure the race and win the prize. To forget her weaknesses and become strong by taking a walk with Jesus. There are tools put in place for us to pull on when we are in times of trouble. These tools come from tapping into a live spirit that wants to become involved with you in a personal relationship. My walk with Jesus began while battling cancer and experiencing divorce, and loved ones being diagnosed with mental illness and drug addictions. The loss of people through death and endings of destructive relationships. A life I tried so hard to keep away from, entered my home and began to tear my world apart. After a near death experience, Jesus showed himself to me and said, "Everything is going to be alright!" His love pierced my heart and he began to work with me on changing who I was and he made me promises that started with, I am the same yesterday, today & forever. I had to learn to trust since trust was not alive in me anymore. He encouraged me to see I was worth something other than the lies I was beginning to believe. Sometimes we have to become broken so Jesus can help us become strong. Now I wear this coat of armor that only God can hand to us. He comforts me with his grace and showers me with his love. Jesus cleanses the filth from our past and wipes away tears; turning them to joy.

Today I live in thankfulness, with a tremendous passion to connect people into an introduction of who the true Jesus really is. Jesus is the bridge that walks with us to meet our loving Father and enter into eternal love and life!



SEAT LIFT CHAIR SALE!



November and December 2015
Monday- Friday 8:00 am - 5:00 pm

Up to \$75 Off
FREE Delivery for any Seat Lift Chair

Delivery dates are subject to availability

Prices valid only during November and December 2015
No price adjustments before or after the sale.



3303 Tiffin Ave.
Sandusky, OH 44870
419-625-1256

1005 Everett Rd.
Fremont, OH 43420
419-332-6931

2005 E. 28th St.
Lorain, OH 44055
440-277-8922

424 Wentz St.
Tiffin, OH 44883
419-447-1104

30595 Tracy Rd.
Walbridge, OH 43465
419-382-1262



Retirement / A Gift From Nature

Ahhh....retirement is looming on the horizon--for me, that is. Robin still has a few years to go. We both have mixed feelings about it since neither of us has ever retired before and we're not sure what to expect.

It's scary--sort of like getting up and getting dressed one morning and then realizing there's no place to go...at least not dressed like THAT. But then you realize you can finally take those clothes off and put on the ones you really want to wear. Overall, I've enjoyed the 45 years I've spent in my career--34 of them in Fremont. Of course, there have been ups and downs--there always are. Nothing is wonderful all the time. I've worked with some truly amazing people that I'll miss--both old-timers and recent arrivals.

It's exciting, though, too. There are so many new experiences ahead and so much more time to look longer into things already experienced that were cut short due to lack of time. There's a lot of new "nature" happening outside every day and many more chicken stories to be told. I'll be free to explore new vernal pools on a warm spring evening and listen for the courtship flight of the American woodcock in the gathering dusk. There's a "Duck Marsh Studio" blog to help Robin write and an Etsy store to help her make things for...oh, and lots of grass to mow, too, besides the usual chores. I can stay busy.

You know, retirement sounds better and better all the time...now I just have to make sure I can pay my bills.

A quiet walk through nature can often be a spiritually uplifting experience--as well as a great stress-reliever. It doesn't matter whether it's along a

stream, around a marsh, on a wooded path or in a city park. Something unexpectedly wonderful can happen to lift up an otherwise dreary mood. Consider it sort of a "gift" from nature.

Such an incident happened to Robin the other day. Feeling kind of down, she decided to take a hike around the marsh. She could hear chickadees flitting among the dogwood branches beside her along

the dike and suddenly one flew out of the thicket and started down the dike just ahead of her. She made a sound like a chickadee call and it stopped and landed on a branch about two or three feet in front of her. Robin just happened to have six black oil sunflower seeds in the pocket of her jacket which she pulled out and offered to the bird. She'd hand-fed a chickadee only once before at the feeder near the house. Hesitant at first, it dipped down and took one of the seeds from her hand and flew off with its treat. Robin's mood brightened and the chickadee got something it liked to eat. They both made out.

Still looking for holiday gifts? Check out Robin's online Etsy shop. She carries a variety of items hand carved from cottonwood bark and basswood--including Santas, birds, branch boxes, tree ornaments, chickens, trolls and gnomes. This year she has also added woodburned and painted plaques. Go to www.duckmarshstudio.com and click on the link to her Etsy store. You can reach her through the store or by emailing her at: muskrat55@yahoo.com. If you see something you're interested in contact Robin and she may be able to arrange a drop-off to save you shipping costs.

We want to take this opportunity to wish you all a Safe and Happy Holiday Season and a Wonderful New Year!

Check out Robin's website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her Etsy store.



Robin Arnold



Gena Husman

This past month was low on attendants at the Reiki Circle, but the energy was moving through the room and seemed to touch each of us in different ways. We treated a cancer patient now for the second time and results are beginning to show. As a matter of fact he had more color and more energy. We all were amazed and very happy to have such positive results. He is also participating in our case studies for a research. His physician told him that he was all for the Reiki treatments and is ready to begin our documenting each session.



Our goal for 2016 is to increase Reiki awareness, attendance and bring more into our group to give Reiki sessions for patients in the hospitals, home health care and also nursing facilities.

And the new news is that The Center for Reiki Research is conducting a new research case study database of the results of Reiki sessions of the condition of the client before and after a Reiki session based on the effectiveness of the sessions based on improvement of pain, tiredness, drowsiness, nausea, appetite, and wellness and other issues. Data will be entered directly by the client into an internet and analyzed by Ph. D, qualified Reiki researchers using Qualtrics granted through Harvard University and study of Reiki.

The Reiki Practitioners will play a primary role in the study and have CITI training participate. My goal is to recruit atleast five other Master Practitioners that are members of International Center of Reiki Training or become an affiliate member.

To learn more please join us every second Tuesday of the month at The Bellevue Hospital conference room A&B from 6:00PM to 9:00 PM

Patricia Zilles
Reiki Practitioner/Teacher

Family Care

from a caring team

In an effort to improve our care to our patients we now offer Monday, Tuesday, Wednesday and Thursday evening appointments as well as most Saturday mornings.

Accepting New Patients!

Jennifer Hohman, M.D., Mary Ruhe, FNP-BC, Becky Nelson, FNP-BC, Luann Wolf, FNP-BC & Mary Bower, M.D.



1479 North River Rd. Fremont, OH • 419-355-9440

(NOTICE: Ratings for each film begin with a 'star' rating - one star meaning 'poor,' four meaning 'excellent' - followed by the Motion Picture Association of America rating, and then by a family-viewing guide, the key for which appears below.)

“THE MAN FROM U.N.C.L.E.”: The movie version of the classic 1960s television series lacks the Robert Vaughn-David McCallum charisma as Henry Cavill and Armie Hammer assume the roles of (reluctant, in this case) spy partners Napoleon Solo and Illya Kuryakin, but director Guy Ritchie (“Sherlock Holmes”) gets the atmosphere of the time right as the agents launch a Cold War pursuit of the sinister masterminds behind a global nuclear threat. Alicia Vikander plays a scientist’s daughter who could help the duo in their mission. Hugh Grant appears as U.N.C.L.E. chief Waverly, and Elizabeth Debicki and Sylvester Groth have their moments as villains. Jared Harris also appears. DVD extra: “making-of” documentary. *** (PG-13: AS, N, V) (Also on Blu-ray and On Demand)

“WE ARE YOUR FRIENDS”: Zac Efron (“Neighbors”) makes another bid to move farther away from the teen-star image he had with this drama. He plays a would-be disc jockey trying to make his mark in the world of electronic music with the help of an older mentor (Wes Bentley) ... which looks promising until he falls for the mentor’s girlfriend (Emily Ratajkowski). The film is from the producers of such romantic-comedy hits as “Four Weddings and a Funeral” and “Love Actually.” DVD extra: “making-of” documentary. *** (R: AS, N, P) (Also On Demand)

“JIMMY’S HALL”: Veteran British filmmaker Ken Loach (“The Wind That Shakes the Barley”) directed this fact-based drama - an entry in such film festivals as Cannes and Tribeca - about an Irishman (played by Barry Ward) who established a dance hall in the early 1920s, when his efforts to serve the country’s young people drew opposition from political and religious leaders. They won the battle, at least initially ... but later, social and cultural conditions inspired the man to reopen the site against all odds. Francis Magee, Aileen Henry and Simone Kirby also star. DVD extras: “making-of” documentary; audio commentary by Ward and Kirby; deleted scenes. *** (PG-13: P, V) (Also on Blu-ray and On Demand)

“A HORSE TAIL”: A couple of familiar faces who don’t normally make family-oriented projects, Charisma Carpenter (“Buffy the Vampire Slayer”) and Dominique Swain (“Face/Off”),

appear in this story of an effort to save a family’s farm and horse stables from bank foreclosure. An accountant (“Days of Our Lives” alum Patrick Muldoon is called in to assist and brings along his teenage daughter (Mandalynn Carlson) ... though a member of the horse-tending family isn’t happy about his presence. *** (G)

“AMERICAN ULTRA” (Nov. 24): Not realizing he’s a CIA operative with deeply implanted spy skills, a slacker (Jesse Eisenberg) is targeted for elimination. (R: AS, P, GV)

“NO ESCAPE” (Nov. 24): A businessman (Owen Wilson) tries to protect his family during a violent rebellion in Southeast Asia. (R: AS, P, V)

“RICKI AND THE FLASH” (Nov. 24): A would-be rock star (Meryl Streep) is summoned home to deal with her troubled daughter (Mamie Gummer, Streep’s actual offspring). (PG-13: AS, P)

“MINIONS” (Dec. 8): The animated “Despicable Me” characters get their own movie, taking them to 1960s-era New York and London; voices include Sandra Bullock and Jon Hamm. (PG: AS)

“MISSION: IMPOSSIBLE - ROGUE NATION” (Dec. 15): Ethan Hunt (Tom Cruise) is an agent without an agency after the CIA shuts down his team. (PG-13: AS, P, V)

“TED 2” (Dec. 15): The talking teddy bear (voiced by Seth MacFarlane) runs into trouble in becoming an adoptive parent; Mark Wahlberg also returns. (R and unrated versions: AS, P)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

(c) 2015 TRIBUNE CONTENT AGENCY, INC.

This year has just absolutely flown by. I cannot believe that it is December already. Time really does go faster when you have children. If you are like me, you put off waiting to the last minute to see what everyone wants for Christmas and getting those gifts. Some people may be thinking, “well I could use a new computer because the one I have is just not as fast as what it was.” A new computer would take care of most of your slow computer problems. However, if you don’t have a couple hundred dollars sitting somewhere to buy one, then you should look at just cleaning up your current one. I will go through a few things on how to try to help that slow computer. If it doesn’t seem to help, then it may be time to get a new one.

The first thing that you need to do is make sure that you have an anti-virus program installed. My October column went through this important issue and how to handle getting one. Now, make sure your computer is clean of viruses. That will take care of about 50% of your slow computer problems. The next thing you want to do is delete all of your temp files. You will need to do some research on the internet on how to do this. This will take care of about 20% of you slow computer problems. Now you need to go into your control panel and remove or uninstall any programs that you aren’t using. Those programs will be shown in a list in the “add/remove” programs in your control panel. This should help with another 20%. The final step you need to take is to stop any programs that automatically start up when you turn your computer on. You can find this list easily in your “all programs” by clicking on the start button on your task bar.

If you would like more detailed information on how to complete these tasks, please seek advice from your computer guru or do a little research on the internet. I think you will be pleasantly surprised on how your old computer springs back to life with these simple steps. Next month I will talk about how to set up your new computers or electronics that you get for a gift. From my family to yours, Merry Christmas and Happy New Year!

Planning for What’s Next

December 8 • 5:30-6:30 pm

Join us as families like yours learn about senior living options for their loved ones. Learn ways to approach the topic, reviews options, and get your questions answered. Our presentation will include useful tips and tools to guide the discussion on changing needs for home and care.

RSVP to Maria at 419-366-6588.

Senior Bingo Bunch

December 18, 2015 • 1:30-3:30 pm

Lunch will be provided and cash prizes will be awarded. RSVP is required by Dec. 17th to Maria at 419-547-7746.

Clyde Gardens Place 700 Coulson St.,
Senior Living Clyde



4, 5, 11 & 12: 8pm or December 6 & 13, 2015 at 2pm The Worst (BEST) Christmas Pageant Ever, presented at the Fremont Community Theatre, 1551 Dickinson Street, \$15 Adults; \$12 for Seniors/Students; \$6 children 12 & up www.fremontcommunity-theatre.org.

5: Toledo Symphony Christmas Concert Communities for the Arts, Clyde High School Auditorium, 1015 Race St., Admission: \$25, all seats reserved, 7:30-9:30pm. 419-547-0588 www.communitiesfortheartsclcyde.org.

5: Olde Fashion Christmas, Oak Harbor, Ohio Adolphus Kraemer Park across from Oak Harbor Post Office and Portage Fire Station Times: Kraemer Park 4:15 pm, then visit Santa at Portage Fire Station afterwards Santa arrives to light the Village

Christmas Tree at Adolphus Kraemer Park (Log Cabin Park) Children may visit Santa and select 2 special gifts from Santa's Secret Shop at the Fire Station. Contact: 419-898-0479

5: 2015 Christmas Cookies and More, at First Presbyterian Church, 121 S. Park Avenue, Fremont, 10 to 2, FREE. Featuring homemade Christmas Cookies, holiday items, vintage gifts and collectables.

5: Holly Jolly Holiday Parade in Downtown Fremont, on Front Street, 4:00pm. www.downtownfremontohio.org.

8: Wish A Wish, Fremont Area Women's Connection Monthly Luncheon, at Angulina's Catering, 2270 W. Hayes Avenue, Luncheon 11- 12:30pm, \$12 per person. Reservations, call Donna at 419-680-

2251 or email Carrol at fawcluncheon@gmail.com.

10-13, 17-20: Winter Wonderland at Sandusky County Fairgrounds, 901 Rawson Avenue, Nightly: Cost 1 Non-perishable food item or \$1/ Person. www.sanduskycountyfair.com.

12: Second Saturday R 4 Kids, 11-2, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. Each session may include speakers, special guests, and a make-it take-it craft. www.rbhayes.org.

14: Sandusky County Historic Jail Tour, times are: 5:30 pm, 6pm, 6:30pm & 7pm. Admission \$3. Ever wonder what early jail life might be like? Then this is a tour for you! The 1 hour and 15 minute Guided Tour

includes the 1892 jail with ties to President Rutherford B. Hayes, the 1840's Dungeon located underneath the Sandusky County Courthouse and the Gallows Exhibition Hall featuring the gallows used for the last hanging in Sandusky County. Hear exciting stories while learning the significance of this rare and historic structure. And the best part: Tours are kid friendly! Tickets can be purchased at the SCCV Bureau, 712 North Street, fairgrounds parking lot)) or at the door. www.sanduskycounty.org.

26, 27, 29, 30, 31: Holiday Rides in Spiegel Grove Hayes Presidential Center. Young and old alike will delight in these nostalgic horse-drawn tours through Hayes' 25-acre estate. Afterward, warm up with a visit to the elegant 31room Hayes Home or the 2-story Hayes Museum. Cost: 3/ per rider.

License Me!

My license helps everyone know I'm a member of the family and I'm loved.

Ohio Law requires all dog owners to buy a dog tag for their dog.

Tags are on sale for \$18.00 from Dec 1, 2015 until Feb 1, 2016. After that date tag price is \$36.00! Every dog over 3 months of age needs a tag.

Tags are available: **In Fremont:** The Auditor's Office, The Dog Warden office, Chud's, Fremont Animal Hospital, Humane Society, Dumminger Photo, Westview Veterinary Hospital. **In Bellevue:** York Animal Hospital, Bellevue Animal Hospital. **In Clyde:** Discount Drug Mart, First Financial Bank, Groomer's Corner, Paw Patch Veterinary. **In Lindsey:** Lindsey Market. **In Gibsonburg:** PupKus. **In Woodville:** True Value Hardware.

Tags can also be purchased online at www.doglicenses.us/OH/Sandusky. A fee of \$2.25 per dog will be charged online. A writing fee of 75¢ will be charged at all locations, except the Auditor's office and Dog Warden's office, where no fee is charged.

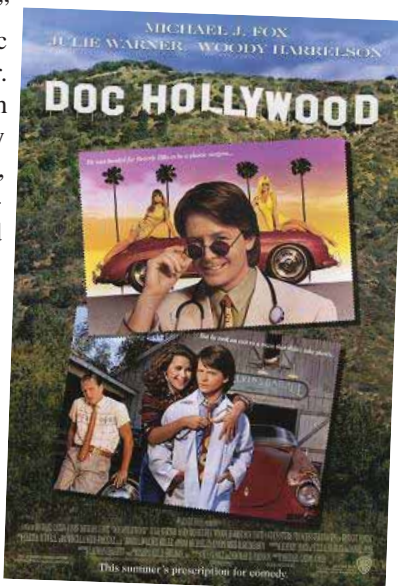


History Notebook

By Nan Card - Curator of Manuscripts
Hayes Presidential Center

The Real Doc Hollywood!

One of my all-time favorite "feel good" movies is the 1991 romantic comedy "Doc Hollywood." It stars Michael J. Fox as Dr. Ben Stone, a promising young surgeon with big plans for fame and fortune as a Beverly Hills plastic surgeon. As the story goes, Stone gets stranded in a small poverty-stricken rural town, whose much beloved physician is in ill health. Maybe it's Michael J. Fox or Woody Harrelson or maybe the pig that makes me laugh every time I watch it and smile every time I think of it. Whatever -- I cannot imagine that I have worked for so long in Fremont, Ohio and never knew "Doc Hollywood" was inspired by a real live doctor who was raised in Fremont, Ohio! Dr. James Hotz!



After graduating as valedictorian from St. Joseph High School in 1968, Hotz attended Ohio State University where he received his degree in medicine. He hoped to become a wealthy cardiologist, but unlike "Doc Hollywood" the young physician along with his brother-in-law Dr. James Bingle and their wives wanted to devote two years to a community that needed physicians. After completing his residency at Emory University in Atlanta, Georgia, Dr. Hotz told his professor Dr. Neil Shulman of his plans.

Shulman directed him to the state's agency of community health centers. When the time came to go, Dr. Shulman instead "shanghaied" them and drove four hours to Leesburg, Georgia. Awaiting them were the townspeople with a surprise chicken dinner! Having been without a physician for 40 years, Leesburg residents were willing to do whatever was necessary to entice the Hotzes to stay. And stay they did!

From that simple beginning Dr. Hotz established clinics in Albany and in trailers in Leesburg, and Baker County, Dr. Hotz stated that "his overall goal was to construct a community health care system designed to take care of people who otherwise might not have convenient or efficient access to a doctor's office." Today, Dr. Hotz is Clinical Services Director of Albany Area Primary Health Care (AAPHC) with 13 clinical sites that serve more than 40,000 residents. Dr. Hotz and his wife are strong believers in coalition building among physicians, county health departments, and hospital staff. Hotz believes that health care works best when it receives local support. His wife, with a masters in nursing, started a paramedic program and re-established an EMS in Baker County. Today, clinics for teen pregnancy and AIDs also exist.

Inspired by Dr. Hotz's experiences, Shulman wrote his story and in 1991 it was made into the comedy I enjoy so much. Dr. Hotz's son says "Doc Hollywood" had a positive impact. "If you read the story, you see a guy who sees what practicing medicine is about. It's not about the money, it's about the people you can help."

New Business Opens in Fremont

Body and Sole has opened on West State Street in Fremont, just a few doors down from Subway. Jamie Meade has been a licensed massage therapist since 2002 has spent over half of her career working for chiropractors. She offers deep tissue, medical massage, hot stone, pregnancy, aromatherapy, relaxation and couple's massage.



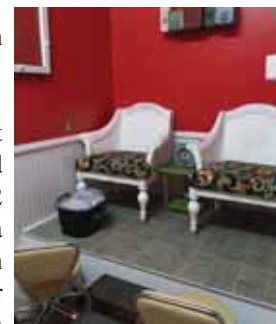
Massages are offered in thirty, sixty and ninety minute time intervals. Kristen Moore, LMT, from Clyde, will be working beginning in December.

Body and Sole is looking for two nail techs and an esthetician to complete the entire body experience.

The December Special is to buy 5 massages and get 1 free, or \$5.00 off each gift certificate purchased through December 22nd. Open house is December 12 from 10 am to noon. Please stop in and enter to win a



gift certificate for an hour massage of your choice and for each gift certificate bought that day get an extra entry to win a free massage! Call (419)307-2324 to schedule with Jamie or inquire about being a part of this new business; or (419) 307-6009 to schedule a massage with Kristen.



As the
2015 Holiday Season approaches
our thoughts turn gratefully to those
who have made our progress possible.

Thank you for our 37th Christmas
in Downtown Fremont.
We are looking forward to assisting you with your
Holiday Gift Shopping and Decorating.

Cyndi Anster
Owner

thingamajig

419-334-4459

For your shopping convenience we will be open
7 days a week Thanksgiving thru Christmas.

OTTO AND URBAN
FLOWERS "4th Generation Florists"
We grow our own Poinsettias!
Holiday gifts
Wreaths • Centerpieces
Grave Blankets
Wire Services
905 E. State St. Fremont
419-332-9275
118 W. 6th St. Port Clinton
419-734-4456

SANDUSKY COUNTY POSITIVE PEOPLE’S
DECEMBER POWER PACKED LUNCHEON
– “ONE WOUNDED WARRIOR’S STORY”

On Tuesday, December 15, Sandusky County Positive People will hold their next Power Packed Luncheon at The Café at Vanguard, 1306 Cedar St. in Fremont. “One Wounded Warrior’s Story” will be the topic presented by Cindy Parsons.

In 2004, Cindy’s son, Shane, joined the Army in response to the September 11th attacks on the United States. Two years later, Shane’s convoy was attacked by anti-coalition forces in Iraq. He suffered a severe anoxic brain injury, two cardiac arrests and ultimately had both legs amputated above the knee.

Because of this, Cindy found herself as a strong advocate for other wounded soldiers. In 2009, she participated in the Wounded Warrior Project Caregiver Summit that was held in Washington D.C. which fought for assistance and support for the caregivers of injured servicemen and women returning from war. She currently serves on the board of the Brain Injury Association of Ohio and has participated in speaking engagements with her son on topics related to traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD)

The Sandusky County Positive People Power Packed Luncheon on December 15, which is scheduled from 11:45 a.m. – 1:00 p.m., is open to the public. Reservations are required by December 8 since seating is limited. To make a reservation, please call 419-547-4068 or email GearyJ@fnblifetime.com. Cost for the meal and speaker is \$15.

Additional information can be found at www.scppohio.org.

6	3							
			9		7			
	7	8				5		
		6				7	9	
	1	4		5		6		
	5	2				3		
		7				8	2	
			4		2			
	9						3	4

The UPS Store 



There’s only one
**PACK
— & —
SHIP
GUARANTEE***

- Reimbursement for packing and shipping costs up to your item’s value
- Full refund of packaging materials and service
- Refund for cost of shipping

*Visit theupsstore.com/guarantee for full details.

Let our Certified Packing Experts
pack and ship your holiday gifts.

Marco’s Pizza Plaza
1907 W State St
Fremont, OH 43420

419.333.8460
store4391@theupsstore.com
theupsstorelocal.com/4391

Mon-Fri 8-6:30
Sat 8:30-2

Copyright © 2015 The UPS Store, Inc. 6334110915

\$1 OFF SHIPPING
when you bring in 1 food pantry item & ship 1 package

\$2 OFF SHIPPING
when you bring in 2 food pantry items & ship 2 packages

\$3 OFF SHIPPING
when you bring in 3 food pantry items & ship 3 packages

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated.
© 2015 The UPS Store, Inc. Offer expires 01/30/16.

The UPS Store 

35 ¢
COLOR PRINTS
(8.5x11, single-sided, white 28# paper, self-service)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated.
© 2015 The UPS Store, Inc. Offer expires 01/30/16.

The UPS Store 

\$99
FOR A 1-YEAR MAILBOX SERVICES AGREEMENT (New Box Holders Only)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated.
© 2015 The UPS Store, Inc. Offer expires 01/30/16.

The UPS Store 

"Grate" Treats & Eats

By: Chris Timko-Grate

I can't believe we are in the last month of 2015, I know I am not the only one that says "Where did the year go?". Sometimes I think back to last January knowing I had twelve months to get things done and to go to places I wanted to see. Then December comes and I wonder why I didn't get all of my to do list done, I had a full year, 365 days, to get it all accomplished. But life is full of surprises and is something that isn't certain, so I just say go with the flow and what I didn't get done on my 2015 list I'll get done on my new 2016 list! But before that I need to start thinking about Christmas and New Year's for this year. I have been looking for a new appetizer, beverage, and side dish recipe for those holidays. I have four I think you will enjoy.

Do have a safe and blessed holiday season and see you in 2016!

Celebrate the Season Eggnog (Not for children)

- 8 eggs, separated
- 2 ½ cups sugar
- 2 cups bourbon
- 5 cups whipping cream divided
- 2 cups milk
- ¼ cup rum

Beat egg yolks at medium speed of an electric mixer. Add sugar; beat until thick and lemon colored. Add bourbon until blended. Add one cup cream; beat until smooth. Add milk; beat well. Add remaining 4 cups of cream, beating until smooth. Stir in rum. Beat egg

whites (at room temperature) until stiff; fold into eggnog. Chill 2 hours. Makes 1 ¼ gallons

Cucumber Dip – this recipe is refreshing and reminds me of summer and is a nice thought when it is cold and there is snow on the ground!

- ½ pint sour cream or plain yogurt
- 1 8oz package cream cheese, softened
- 1 tsp. vinegar
- 2 tsp. celery salt
- 2 Tbsp. chopped chives
- 1 medium cucumber, peeled and finely chopped

Mix sour cream with softened cream cheese. Add vinegar, celery salt, and chopped chives. Fold in cucumber. Refrigerate for at least 8 hours. Serve with vegetables or your favorite cracker.

Mashed Potato Casserole

- 10 medium-size red potatoes, peeled and quartered
- 1 8oz package cream cheese softened
- ¼ cup sour cream
- ¼ cup half and half
- Salt and pepper to taste
- 3 to 4 tablespoons butter, melted

Cook potatoes in boiling water to cover 15 minutes or until tender. Drain well and mash. Add cream cheese, sour cream, half and half, and salt and pepper to taste; beat at medium speed on mixer until smooth.

Spoon potato mixture into a greased 13x9x2 baking dish. Drizzle top evenly with melted butter. Bake at 350 degrees for thirty minutes or until potatoes are lightly browned. Serve immediately. 8 to 10 servings

*I plan on using this recipe for our family get togethers. It would really free my kitchen up to do more of the other dishes that also need to be done just before serving time. I will triple this recipe because everyone likes to take home leftovers which we have always called "Care Packages"

Crusty-Topped Cauliflower

- 1 large cauliflower
- ½ cup mayonnaise
- 2 tablespoons Dijon mustard
- ¾ cup (3oz) shredded Cheddar cheese

Remove large outer leaves and stalk of cauliflower, leaving head whole. Wash cauliflower.

Place cauliflower in large saucepan. Cover and cook in a small amount of boiling water 15 to 20 minutes or until tender; drain well. Place cauliflower in a 9-inch square baking pan.

Combine mayonnaise and mustard in a small bowl; stir well. Spread mayonnaise mixture evenly over cauliflower, sprinkle with shredded cheese. Bake at 350 degrees for 10 minutes or until cheese melts. 6 servings

Contact me with comments, questions, suggestions, and your recipes at ChrisTimkoGrate@roadrunner.com



SHEAR DELIGHT
PET SALON

FULL SERVICE PET SALON,
DESHEDDING SOLUTIONS, WALK-IN
NAIL TRIMS, WALK-IN APPTS,
PET PICKUPS AND DROP OFFS

1311 EAST STATE STREET
FREMONT, OH 43420
(Old Dairy Queen)

567-342-3200



**BRING THIS AD IN FOR ONE
FREE COOKIE OR 5 DOLLARS
OFF ANY SERVICE!***

*not applicable with other discounts

The Bellevue Hospital
Quality Care, Close To Home



**24-Hour Emergency Care
All Private Inpatient Rooms**

Cardiac Rehabilitation
Cardiac Stress Testing
Cardiopulmonary Services
Center for Women's Health
Centralized Scheduling
Childbirth Education
Classes
Cleveland Clinic Heart &
Vascular Institute
Clyde Health Services
Clyde Urgent Care
Community Wellness &
Educational Programs
CT Scans
DEXA Bone Scans
Diabetes Self Management
& Education

Diabetes Support Group
Diagnostic Imaging Center
Digital Mammography
Family Birthing Center
Gift Shop
Health Screenings
Hydrotherapy Pool
Inpatient & Outpatient Surgery
Laboratory Services
Main Station Café
Mature Audience Luncheons
Neurosurgery & Pulmonology
Northwest Ohio Medical
Equipment
Nuclear Medicine
Nutrition Counseling
Occupational Health Center

OPEN Bore MRI
Pain Management Center -
Bellevue & Clyde
Physician Referral Services
Pulmonary Function Testing
R2 Mammography
ImageChecker
Rehabilitation Services -
PT, OT, Speech Therapy
Sleep Disorders Center
Speaker's Bureau
Specialty Physician Services
Stereotactic Breast Biopsy
Support Groups
The Bellevue Hospital
Foundation
Ultrasound Services

Volunteers & VolunTEENS
Wellness & Walking Trail
Women's Imaging Center
Yoga Classes



Bellevue
419.483.4040

Clyde
419.547.0074

**Fremont, Republic,
Green Springs**
419.639.2065

1400 West Main Street • P.O. Box 8004 • Bellevue, Ohio 44811-8004 • www.bellevuehospital.com

HOME FIRE PREPAREDNESS CAMPAIGN

Seven times a day someone in this country dies in a home fire. Countless others suffer injuries. To combat these tragic statistics, the Red Cross has launched a nationwide campaign to reduce the number of deaths and injuries due to home fires by 25 percent over the next five years.

The Home Fire Preparedness Campaign is happening all over the country and involves Red Cross workers joining with local fire departments and community groups to visit neighborhoods at high risk for fires. Those visits include educating people about fire safety through door-to-door visits and installation of smoke alarms where needed.

Simple Steps to Save Lives

The Red Cross is asking everyone to take two simple steps that can save lives: check their existing smoke alarms and practice fire drills at home.

There are several things families and individuals can do to increase their chances of surviving a fire:

- If someone doesn't have smoke alarms, install them. At a minimum, put one on every level of the home, inside bedrooms and outside sleeping areas. Local building codes vary and there may be additional requirements where someone lives.
- If someone does have alarms, test them today. If they don't work, replace them.
- Make sure that everyone in the family knows how to get out of every room and how to get out of the home in less than two minutes.
- Practice that plan. What's the household's escape time?

Earlier this year, the Ohio Buckeye Region launched Project Prepare, a two-year initiative that seeks to prepare a half million Ohio residents by making emergency plans, building kits and getting trained ahead of disasters. With support from individuals, organizations, businesses and government agencies, our goal is to create more resilient communities that are better equipped to help each other prevent, prepare for and respond to life-threatening emergencies.

For more information on how to prepare for emergencies, volunteer and get involved with the Northwest Ohio Chapter, visit redcross.org/OhioBuckeye. Call 1-844-207-4509 to request your free home safety visit and smoke alarm installation.

6	3	9	5	4	1	2	7	8
5	2	1	9	8	7	4	6	3
4	7	8	2	3	6	5	1	9
3	8	6	1	2	4	7	9	5
9	1	4	7	5	3	6	8	2
7	5	2	8	6	9	3	4	1
1	4	7	3	9	5	8	2	6
8	6	3	4	1	2	9	5	7
2	9	5	6	7	8	1	3	4

No Time or No Money to Vacation This Winter?

Why not a weekend of relaxing affordable luxury at Eagle Isle!

Fremont's Unique Relaxtion Retreat

Awaiting you around the corner are silk duvets, cozy fireplaces, jacuzzi, hot tubs, candlelight dinner and breakfast served in your room. Plus enjoy an exercise room that includes a pool table, ping pong and air hockey. All the above experienced with walls of glass to view snowmobiles on the river, eagles soaring and the untouched 85 acres of winter wonderland of Eagle Isle.

WHY NOT JOIN THE GROUP OF SATISFIED EAGLE ISLE PATRONS FROM 40 US STATES AND 5 OTHER COUNTRIES !

When booking, mention this ad for a
15 PERCENT DISCOUNT!
FACIALS AND MASSAGES CAN BE REQUESTED
AT 50 percent discount with this package.

Book Today for Yourself or as a Great Gift Certificate for Someone You Love!

866-584-1300 OR CHECK OUT OUR WEBSITE: EAGLEISLE.COM

Helen Marketti's Music Corner

Psychedelic Bubble Gum *Boyce & Hart, The Monkees and Turning Mayhem into Miracles*



Tommy Boyce and Bobby Hart were a songwriting duo back in the 60s and 70s who created a powerhouse of hits that we still hear and sing along with today. Writing hit songs for The Monkees including the theme song for their television show ("Hey, Hey, We're the Monkees") is one of many that fans remember with fun memories. The writing duo is responsible for many hit songs for Chubby Checker, Jay and The Americans, Little Anthony & The Imperials, Linda Ronstadt and many more. Bobby composed music for other television programs such as Days of Our Lives, The Partridge Family, I Dream of Jeannie, Josie & The Pussycats, Everybody Loves Raymond, Saturday Night Live and X-Files which is only the tip of the iceberg. Tommy Boyce and Bobby Hart had their own hits, "I Wonder What She Is Doing Tonight?", "I Wanna Be Free", "Out and About" and "L.U.V." among other great compositions.

In his recent autobiography, *Psychedelic Bubble Gum* (Select Books, 2015) Bobby Hart along with Glenn Ballantyne tell an incredible journey that take the reader through a time when rock was new, when a generation demanded change and when hit songs came streaming in with rapid succession.

"I listened to country radio when I was growing up. I listened to country more than I did pop radio," remembers Bobby. "I did listen to the hit parade and the top ten usually on Saturdays but mostly enjoyed listening to country artists like Hank Williams. I also like the music and work of Spike Jones."

Songwriting seems to have come naturally to Bobby who did not start out with intentions to write songs. "I never really thought of it as a career. I enjoyed listening to music but never really thought about writing. I had wanted to become a disc jockey. That was my goal when I left home and moved to California. My dream at the time was to attend disc jockey school but then I became side-tracked because rock and roll was big and then I started thinking that maybe I could have a career as a recording artist."

Cleveland was a stop along the touring route several times for Tommy and Bobby during the 60s. "Cleveland was a great music city for us," recalls Bobby. "We did the Upbeat Show and made lasting relationships. We knew Jeff Kutash who did the choreography for Upbeat. Tommy and I were guest DJ's for WIXY. It helped fulfill the desire I had as a kid to become a DJ."

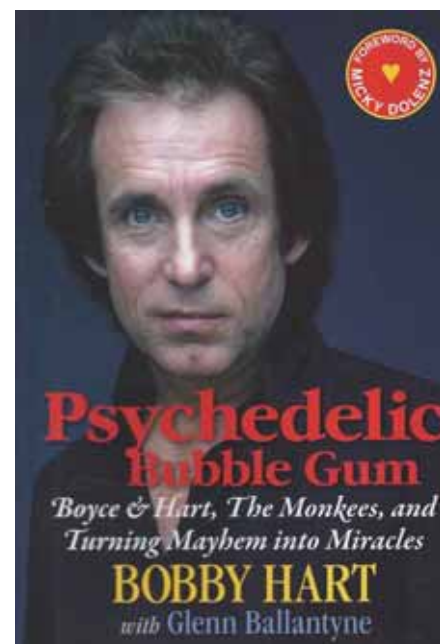
When asked where the inspiration came from to write so many hit songs, Bobby said, "It was more perspiration than inspiration. (laughs) Tommy and I did a job we loved. It did not seem like work but you had to remain disciplined. We would be told that a certain group needed a song by next Thursday and we got the job done. We had the wonderful advantage of radio that played everyone's songs so you could hear what else was out there."

He continues, "The 60s was a pivotal time. People's minds were open to new possibilities. There was an interest in spiritual thinking partly because The Beatles had shown an interest. It was

a euphoric time where something new was uncovered. The 60s broke loose what every generation goes through without glossing it over. It was a time when people wanted to make a statement and champion causes. There was a lot of great music released during that time. You look back at the songs we had on the charts and the younger kids now know the words. It will still be that way 50 years from now. It's a privilege and a joy."

Psychedelic Bubble Gum is a well-suited yet crafty title for a book that encompasses the celebrations and pitfalls of the music industry. "I had been telling many of the stories for several years and people seemed to take an interest," explains Bobby. "During interviews I was only able to share part of the story so I wanted the opportunity to go in more detail. Radio interviews have limited time for details. You have to answer the question in 20 seconds or less before moving on to the next. I had thought about a writing a book over the years and had written a version of the book but was not happy with it. I have a friend, Glenn Ballantyne who runs an ad agency and PR firm. He agreed to help with the writing of the book. It was a pleasure to work with him. Micky Dolenz (The Monkees) wrote the foreword which was great. We have known each other for 50 years!"

Bobby continues, "We were looking for and thinking about catchy titles. Tommy Boyce and I were labeled as the Bubble Gum Kings during the 60s. There was a new kind of music that was prevalent down the Sunset Strip when we returned



from a tour of the East Coast. It was called psychedelic music and Eastern Indian music, which we incorporated some of those sounds into our productions. I thought it might be appropriate to call our music *Psychedelic Bubble Gum* plus it makes for a catchy title."

It has been fun for Bobby to talk about the book. "The fans have been kind. It all has been gratifying. I enjoy the interviews and book signings. I listen to people's stories and I feel proud to know our music helped create memories."

Psychedelic Bubble Gum is available through Amazon.

For more information: www.bobbyhart.com www.officialboyceandhart.com

Bobby Hart is on Facebook.



1312 Oak Harbor Rd. – Fremont

**DELICIOUS AS A
BLIZZARD CAKE!**

Closing Date Dec. 23rd

Clyde Toys for Kids Drive has begun. Boxes are in school and businesses. A special need for boys ages 10-18 this year. Cash donations appreciated also.

The women of Fremont First Presbyterian Church invite the public to their "Christmas Cookies and More" on Saturday, Dec. 5th from 10 a.m. to 2 p.m. The ladies will offer home-made with love Christmas cookies, lots of other homemade holiday items, vintage gifts, collectibles, and lovely framed prints. Shoppers may enjoy delicious homemade soups and hot holiday beverages while shopping. Proceeds go to local missions. The First Presbyterian Church is located at 120 S. Park Avenue.

Our Lady of the Pines Events for Dec.: Refresh Your Spirit Day: During this advent season reflect on your pilgrimage through life, Wednesday Dec. 2, 9am-3pm, 419-332-6522 or olprc@pinesretreat.org. Sister Patricia Meyer, OSF--All Are Welcome

Waiting in Joyful Hope: Let yourself rest in the quiet of this Advent retreat, Dec. 11th 5:30pm- Saturday Dec. 12th, 2015 3pm 419-332-6522 or olprc@pinesretreat.org, Sister Wanda Smith RSM--All Are Welcome Tree of Hope, Join us for a prayer service and the Tree of Hope lighting ceremony Enjoy homemade cookies, coffee and cocoa! Dec. 15, 7pm 419-332-6522 or olprc@pinesretreat.org

The Fremont Tree and Beautification Commission is taking nominations for their annual Holiday Decorating Contest! Please call 419-307-8924 with names and addresses of those you wish to nominate; prior to December 13. As always, we are looking for new members. Meetings are held on the first Tuesday of the month at 6:00 at the Fremont Rec Center-February thru November. Everyone is welcome!

Christmas Cookies, Candies and more are available on Dec. 12th from 9-noon at the Green Springs United Methodist Church at 117 N. Broadway. Kids, come and shop at the \$1 Christmas table and then wrap your own presents. Let our Christmas Elves handle your Christmas baking.

Ham Loaf Luncheon and Bazaar, Sat., Dec. 5 from 10-1 at Faith United Methodist Church, 795 W. Madison in Gibsonburg. Gifts and goodies available; luncheon is \$7 for adults and \$3 for kids under age. 12.

Local singer songwriter David Gabel has released a Christmas CD entitled, "Season of Love". The CD features an original tune, "A Christmas Song", as well as other holiday favorites with a twist! CDs are \$10 with 100% of the proceeds going to Heartbeat Hope Medical, with centers in Fremont and Tiffin Ohio.

Heartbeat Hope Medical provides support to those facing unplanned pregnancy and difficult circumstances that may be encountered. They offer pregnancy testing, emergency supplies for infants as well as free parenting classes. Heartbeat's Bridges Program addresses the various needs that can occur during pregnancy. The program allows first-time parents the opportunity to earn diapers, formula and other necessary items. Their iKeep Program provides teens with up to date, factual information about STD's and provides insight on healthy relationships. Heartbeat Hope Medical offers hope and help to all they serve! CDs can be purchased at both Heartbeat Hope Medical centers or by calling 419-334-9079. (Fremont) and by calling David at 419-559-4219.

Study shows teens check social media more often than expected

While new guidelines are being discussed as to the amount of screen time our children should be having in our digital world, an interesting study from CNN broadens the conversation. It seems that our kids are actually "online" using social media even more than expected.

CNN partnered with child development experts who analyzed the social media feeds of 200 eighth graders from across the country. Most teens are dependent on their phones, one girl saying she would "rather not eat for a week than have her phone taken away." Some teens even admitted to checking their social media feeds over 100 times/day.

Addiction may be the word to describe how teens feel about their online lives and use of social media. But, like many addictions, excess is not healthy. The study analyzed more than 150,000 social media posts of these 13 year olds over a six-month period. The researchers looked at their Instagram, Facebook and Twitter posts.

Social media is a great way for teens to connect with their friends and is a way for them to see what people are doing, not only with their close friends, but also with "their online world." But the tween/teen years are often about "fitting in." Peer pressure is rampant and, unfortunately, not all of their online experiences are positive. The study found that the more teens look at their social media, "the more distressed and anxious they may become." Too connected?

The study showed that while teens are checking their posts for "likes" and comments they are seeking approval from the masses, but they are also having a hard time separating their online life from their "real" day to day lives. They admitted to posting comments that they would never say in person and to some people that they barely know. Many of the comments also contained profanity, explicit language, pornography and even comments about drug use. They seem to forget that these posts may be used against them at a later time. An inappropriate picture sent to one person

may be forwarded and forwarded. Remember, these were 13-year-old kids!

The parents of the participating teens were also studied, and 94 percent of them underestimated the amount of fighting and negativity that happened online. On a positive note, the parents that tried to monitor their children's social media use and posts did have an effect - a positive one - on each child's well-being. According to the authors, parental monitoring and involvement "helped to erase the negative effects of online conflicts."

While teens may feel hurt, excluded and pained by some of the social media they see, they also find affirmation, and support from their online lives. It is about finding a balance and using social media responsibly and appropriately.

Bottom line: I think the longer you can delay your child's use of social media is for the best. I admire the parents of my patients who have opted to "hold out" on giving their children a phone or allowing them on social media sites. But, I also have 8-year-old patients talking to me about their Instagram and Facebook accounts. Even with parental monitoring it seems that these young children could inadvertently be exposed to inappropriate posts.

Once you do give your children the privilege of a phone and the use of social media, there should be plenty of conversations about the pros and cons of the online world. Start off slowly - somewhat like a "learner's permit" and graduated privileges.

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

(c) 2015, KIDSDR.COM.



CALICO CAT
Antiques & Collectibles
Collection of Old & New Items

Children's Books • Furniture • Toys • Kitchenware
• Primitive • Linens • New Items Weekly

We may just have those hard to find items or gift for that special person on your holiday list!

The Calico Cat will be taking a "nap", closed the month of January. Open Feb. 2nd.

Open Thursdays 3-7pm, Shop December, call for other hours
115 S. Main Street, Clyde
Next to Our Town Brewin'
419-547-2701 Call for hours.



8080 Main Street,
Old Fort
419-992-4666
Mon-Fri 7:30am-6pm
Sat 8am-5pm
Sun 10am-4pm

Christmas Open House
December 5th, 9am-1pm
Stop in a taste some our familiar favorites and new goodies for the holidays. Orders will be taken for your holiday party needs, with lots of fun had by all.

Children's Cupcake Decorating
December 12 - 10:00 am
Decorate snowman cupcakes for \$5.
All supplies will be furnished.
Please call 419-992-4666 to sign up.



Girl Scout Troop 50443 Delivers Holiday Cheer Year-Round to Fremont

With their vocal chords tuned and homemade cookies in tow, Girl Scout Troop 50443 members will soon make their annual pilgrimage to downtown Fremont to ring in the holidays.

Joining Girl Scout troops throughout the county, the girls will deliver cookies to fire, police, EMS and state highway patrol crews for the holiday celebration. They'll also put out a spread of sweet treats and hot chocolate for community members to enjoy as they watch the annual lighting of Fremont's holiday tree. Decked with wooden ornaments shaped like candy canes, snowmen and stars freshly painted by Troop 50443 Girl Scouts — the tree will illuminate in its trademark purple splendor. Holiday music will fill the air as the girls join the Fremont Ross High School choir to serenade the crowd with carols.

In keeping with its four-year tradition, the troop also plans to prepare a full-course feast for Fremont's firefighters during the holiday festivities. Spaghetti tacos, salad and a surprise dessert highlight this year's menu.

"The family-style dinner is the girls' way of thanking our hometown heroes," says Troop 50443 Leader Brenda Widman.

The Girl Scouts' goodwill extends far beyond the holidays, however. The 26-member troop is out in full force year-round, making positive changes in Fremont and pursuing the Girl

Scouts' mission to change the world one community at a time.

Earlier this year, the Girl Scouts and their volunteer leaders spent months sewing 100 hygiene kits. The girls delivered the pocketed washcloths filled with toiletries —donated by Church & Dwight, Hampton Inn and Comfort Inn — to the Liberty Center of Sandusky County emergency shelter and Pontifex. As the girls presented the kits to a worker at the Pontifex, with tears in his eyes he described the gesture as a blessing, Widman says.

At The Village House, local children paint and color in a craft room filled with neatly organized supplies, play with clean toys, and choose books arranged by reading level on its library shelves, all due to the troops' services to the center.

Even some local dogs have something special to bark about thanks to the troop. Pooches adopted from the Sandusky County Dog Warden shelter received dog beds made by the scouts as send-off gifts to their new homes earlier this year.

Banded together, the girls, who range from fifth to 12th graders, look for unmet needs in the community and take the lead to answer them.

"We come up with ideas on paper and the girls run with it. Those light bulbs come on," Widman says. "It's amazing to watch them."

Widman, affectionately nicknamed "Bumblebee" by her Girl Scouts, does much more than watch her troop. The Fremont Ross High School French teacher, who also serves as an adviser for school's Key Club and Yearbook and French Clubs, has a knack for nurturing camaraderie among her scouts and rallying support from her volunteer co-leaders.

"I could never do this by myself. I have the most wonderful co-leaders who work together and help each other. They're not afraid to just step in and do," Widman says. "And the girls, with their diverse personalities and abilities, have created such a bond of sisterhood that defines our troop."

Troop 50443 also has an honorary Girl Scout grandpa. Widman's father-in-law, Thomas Widman, stays on hand to support the troop by picking up project supplies, helping the scouts

sell cookies, teaching them how to make apple butter and most things in between. "Every troop should be so lucky to have a Girl Scout grandpa," Widman says.

Perhaps every community should be so lucky as Fremont is to have Girl Scout Troop 50443.

Picture Framing

Custom Picture Framing
Frames, Glass, Mats

Art Consultant Hours
Wed-Fri 10-5
Sat 10-noon

Color Haven Paint & Supply LLC
105 N Stone, Fremont
419-332-6952
colorhaven.net



**Thank you
to all those
who came and
supported our
12th Annual
Whiskers and
Whine Gala!**

Special thanks to our sponsors:

Siamese Cat: \$150

Marge & Ken Hirt

Pam Hufford

Laurie Miller Sistrunk, CLU, Financial Advisor

Richard Spriggs, Nancy E. Haley

Cocker Spaniel: \$300

Croghan Colonial Bank

Dr. Sharon Dorman

Kenneth Weickert

Westview Veterinary Hospital

US Bank

Great Dane: \$500

Green Bay Packaging

Dr. Michael Grillis & Dr. Melanie Amidon Grillis

Dorothy E. Wagner

Mastiff: \$750

Lifestyles2000, Inc.

A big thank you to those who donated food and auction items.

Style My Chair

Chair Covers ~ Sashes
Table Covers
Variety of Covers

Call for Pricing

Chris: 419-307-1389

Melanie: 419-463-0568



SAVE \$50
on \$500 purchase

SAVE \$100
on \$1000 purchase

Offer expires 12/31/15

Must present coupon at time of purchase.

*"No Job Too Big or Too Small,
Snyder's Does It All!"*

12 MONTHS FREE CREDIT

**SNYDER'S
FLOORCOVERING
OUTLET**

214 STATE ST.
BETTSVILLE
419-986-5599

www.snydersfloorcovering.com

MWF 9:30-5:30; Tue, Th. 9:30-7; Sat 9:30-1:30



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): You can harness your energies and build something of value, just be sensible and take steps so that you don't burn the candle at both ends. Set reasonable time limits.

TAURUS (April 20-May 20): Get it while you can. You can rev up your love life even if you are happily paired up with your "one and only." By the end of the month you may be completely focused on job or career necessities.

GEMINI (May 21-June 20): People may be more sociable and loving than usual in the early part of the month. However, as time goes by, it may be difficult to pin anyone down. You may not be sure of someone's feelings.

CANCER (June 21-July 22): Bubble over like a shaken champagne bottle. In the early part of the month you can enjoy a bit more prestige, fun, and joy. Don't let all those bubbles go to your head and overlook a responsibility.

LEO (July 23-Aug. 22): Try standing on your toes if your reach exceeds your grasp. You may be more ambitious than usual. Take control; organize everything so you can more easily handle obligations.

VIRGO (Aug. 23-Sept. 22): Take an inventory of your trajectory. In the week to come you can take the time to consider where your present path will lead in the future. New contacts widen your social and career network.

LIBRA (Sept. 23-Oct. 22): A change of venue gives you a chance to display your talents. You won't be asked to participate in company events unless you turn on the charm and convince others of your commitment.

SCORPIO (Oct. 23-Nov. 21): You know how to persuade others with a well-placed word, however, you may end up working on your own. Concentrate on practical tasks and put social affairs on the back burner.

SAGITTARIUS (Nov. 22-Dec. 21): Doubts may resurface. There was probably a good reason for not following through on a previous plan. You may spend time dealing with past issues.

CAPRICORN (Dec. 22-Jan. 19): Self-discipline brings satisfaction. People may measure you against standards of perfection that are hard to meet during the week ahead. Don't be disappointed by bad news.

AQUARIUS (Jan. 20-Feb. 18): Make purchases that require good taste today. Your financial situation can improve due to the efforts of a coworker. As the month unfolds you may have more work and less play.

PISCES (Feb. 19-March 20): Mistakes as well as successes can teach you something. In the month ahead good relationships should be strengthened and reinforced. It will become obvious which ones are not good.

(c) 2015 TRIBUNE CONTENT AGENCY, LLC.



**Adopt a Kitten this
Holiday Season!**

All cats and kittens are fully vetted

Adopt one and get on Free for December

Humane Society of Sandusky County
2520 Port Clinton Road-Fremont
hs-sc.org Daily 1-5 Sat. 1-4



Humane Society of Sandusky County Needs Your Help!

Please consider the following as a year end donation to benefit the shelter. Over 200 dogs and cats were placed this year in homes, help us continue our mission to care for abused, neglected and unwanted pets in Sandusky County.

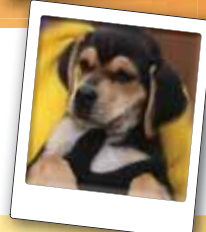
\$30 to feed an
abandoned cat or
dog for a month



\$75 to spay or
neuter a cat
or kitten



\$100 to spay or
neuter a dog
or puppy



\$150 to spay/neuter,
fully vet and
feed a dog or
cat for a month



Name _____

Address: _____

Phone: _____

Email: _____

circle \$30 \$75 \$100 \$150

Other _____

If you wish to do as a holiday gift for someone, include their name and address and a card will be sent.

All gifts are tax deductible.

Please mail to: The Humane Society of Sandusky County,
2520 Port Clinton Rd, Fremont, OH 43420
419-334-4517

Q: My 4-year-old cat is afraid of his own shadow. During the winter, we fly south, taking the cat along with us in the cabin of the plane. The first time, I gave him a tranquilizer, which worked. The second time, the same drug made him crazy; he scratched and his eyes rolled back in his head. The third time, we didn't give him anything and he was fine. On the most recent flight, we also gave him nothing, and he cried most of the way. Any advice? - J.C.

A: "There are many types of drugs which fall into the category you're calling a tranquilizer, and may include a true sedative or anti-anxiety medication," notes Dr. Heather Loenser, of Lebanon, NJ.

Since you describe your cat as anxious under the best of circumstances, a true anti-anxiety drug might be the best option. However, some of these drugs take weeks to kick in. Loenser, a board member of the American Animal Hospital Association, also notes that regardless of the category of drug you use, you need to administer it BEFORE the cat becomes anxious or fearful, or the effects will be greatly reduced.

First, confirm that your cat is not anxious about his carrier. Does he readily go inside?

You can encourage him to like (or at least tolerate) the carrier by leaving it out, and periodically tossing treats inside. Feed your cat from inside the carrier. Keep something soft inside the carrier for your cat to sleep on.

Instead of giving your pet medication before a flight, you might try a gentler approach. Spray his carrier with Feliway or rub the inside with Feliway wipes. This product is a copy of a calming pheromone, which is perfectly suited for this purpose and can do no harm. Also, ask your veterinarian about Zylkene or Anxitane, both nutritional supplements which can lessen anxiety.

No matter what you try, especially if it's a drug, test it out. Go for a drive and see how your cat reacts before one of your big trips.

Q: My arm is getting longer every day as my little beagle takes ME for walks. We enrolled Sophie in obedience training but it hasn't helped. Any other ideas? - J.C.

A: "Passion" is the word certified dog behavior consultant Sarah Hodgson, of Westchester, NY, uses to call a beagle's pursuit of smells. I call it determination.

Beagles are hard-wired to follow their noses. And, as you've learned, the more you pull one way, the more Sophie pulls the other.

To continue satisfying Sophie's nose, hold a treat above her head as you walk. If she's looking up toward you for a goodie, she can't be sniffing the ground. Over time, you won't have to offer a treat every couple of steps.

Equipment matters, too. Hodgson suggests a PetSafe Easy Walk Harness or Gentle Leader (a brand of head halter). Not only is this equipment humane, but it's also effective.

Hodgson, author of "Puppies for Dummies" (Wiley Publishing Inc., New York, NY, 2006; \$19.99), suggests a game: Take an empty plastic jug and stuff peanut butter and dog kibble inside. As you walk Sophie, drag the jug, which she will now follow.

"Instead of using force, you're creating a new game," Hodgson says.

If these solutions don't help, you may need to consult a dog trainer or certified dog behavior consultant.

Q: We adopted Caleb, our 10-year-old Maine Coon cat, when he was 4. He'd previously lived in four other homes. Recently, we took him to the veterinarian for a minor surgical procedure. Typically, Caleb allows people to pick him up, but when I went back to get him after surgery, he started hissing and hasn't stopped since! What's going on?

The vet suggested that Caleb wants to be "alpha" over me. She wasn't sure what to do about his behavior. We do wonder if the death of 18-year-old Siamese cat last winter is still affecting Caleb. I think he misses the Siamese as much as we do. - J.W.

A: Based on your description, Caleb's change in demeanor occurred after the veterinary visit. You don't say what this "minor surgical procedure" involved. Feline veterinarian Dr. Vicki Thayer, of Lebanon, OR, wonders if Caleb may be in pain, either from the surgery or something else that occurred at the clinic. The change might also be explained by the anesthesia, the emotional trauma of visiting the veterinarian, or both.

"It's not usual for stress to cause cats who'd normally never lash out at people or other cats to do so," says Thayer, executive of the Winn Feline Foundation, a non-profit funder of cat health studies. "Usually, this reaction goes away on its own, but you can lower stress by using Feliway (an analog of a naturally-occurring calming pheromone)." Interactive play is also a great stress-buster, and a way to re-establish your relationship with Caleb.

(Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY 14207. Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.)

(c) 2015 TRIBUNE CONTENT AGENCY, INC.

Welcome to our Veterinary Hospital

We treat your pet like our own!

Ryan Zimmerman, DVM



- Complete Wellness & Health Care Programs.
- Full range of Soft Tissue & Orthopedic Procedures, including knees & fracture plating.
- Digital X-ray & Ultrasound.
- Dental Care with Digital Imaging.
- Full In-House Lab.
- In Room Waiting & Checkout.
- Luxury Boarding Suites.
- Online Management of your Pet.
- Class 4 Therapy Laser
- Acupuncture

**Going away for the holidays?
Think of us for pet boarding!**

Can't take your pet with you? Leave them with us where we can make sure they are taken care of like a member of our family. We have glass front doors to ease their stress. Cots are available to keep your pet off the floor so they can lounge in their private room in comfort.



**24-Hour
Emergency Service Available**

**3032 Napoleon Rd • Fremont
419-332-5871 • westviewvethospital.com**

**Mon. 8 a.m.-7 p.m., Tue.-Fri. 8 a.m.-6 p.m.,
Sat. 8 a.m.-Noon, Closed Sun.**



Mary's Pampered Pets

Grooming Dogs & Cats

Mary Miller, CMG



"Let me pamper your pet when you can't."

Services – Hydrosurge Bath and Shedless Furminator

**Booking for
the
Holidays!**

**Now Carrying Lupine
Leashes and Collars
Certified Master
Groomer**

10:30 to 5 daily
Third Sat. 10:30 close
108 E. Buckeye St, Clyde
1 block east of Main St.
419-547-9100

The Doctor of the Future

Dr. Paul Silcox

Most people aren't aware that in 1902, Thomas Edison Said; "The Doctor of the Future Will Interest His Patients in the Care of the Human Frame, in Diet, and in the Cause and Prevention of Disease."

Although Thomas Edison couldn't see this far into the future, I believe he was right on the mark! Healthier living can be obtained with conservative treatment methods combined with people taking more responsibility for their health, and their health-care.

These 6 treatment approaches are proven to have great benefits in helping to live healthier, longer and less painful lives!

1. Chiropractic: Helps to work out the kinks and pain from the effects of the jolts and jars of daily life.

2. Acupuncture: Helps to restore the natural balance and rhythm of the energy that flows around us, over us and through us. The Chinese called it "Chi". We call it LIFE

3. Better Nutrition: Helps give our bodies the ability to heal from the inside out with vibrant living! Eating more fruits and vegetables. Eating less red meat and processed (boxed) foods. Drinking more water. Taking a good quality multivitamin.

4. Detoxification: Help rid the body of harmful effects from accumulation of chemicals in our air, food, water, cleaning solvents and some medicines.

5. Exercise; Helps the heart, muscles and circulation going. Start slow and gradually work up to more time and repetitions.

6. Positive Mental Attitude: How you look at things can have a major influence on the outcome of events in your life. Expect and prepare for the best. Be happy with what you get!

I look forward to sharing the wisdom and simplicity of Thomas Edison as you seek to improve your health through your body framework, diet and your mind.

Classifieds

SERVICES

Donna's Sewing: All kinds of alterations including pants at \$6 per pair, zippers, curtains, dresses, re-enactment clothing, tailoring and much more. Quick turnaround. Call 419-332-1654.

Dust Free Cleaning: It's time to get ready for the holidays! Give us a call at 419-603-6667. References, insured, 4 hour minimum.

Home made pies, apple dumplings and apple bars, \$8.00. Call Katie at 419-217-3270 to place your order.

Christmas Cookies, Candies and more are available on Dec. 12th from nine till noon at Green Springs United Methodist, located at 117 N. Broadway Street. Kids, come and shop at the \$1 Christmas Gift Table and then wrap your own presents. Let our Cookie Elves handle your Christmas Baking! 419-639-2100.

Advertise your classified ad here for \$25 a month, add a photo for an additional \$25.00. Send your ad along with payment to Lifestyles2000, 30 Ponds Side, Fremont, OH 43420

Color is FREE when you advertise in Lifestyles 2000.

Call 419-334-3602 today!

SILCOX

ACUPUNCTURE & CHIROPRACTIC



Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

New and Old Patients Welcome

Walk In's Welcome

THE POND BUILDERS

Remember The Pond Builders for Your Holiday Shopping
Cement Statuary, Crossroads Candles,
Fountains, Unique Yard Décor

Open till 12-19-15
Thursday & Friday 9-5 Saturday 9-3

1639 State Route 590
Burgoon
419-334-4497

www.thepondbuilders.net

Happy Holidays From Your Friends At

Elmwood Communities

Tiffin ■ Fremont ■ Green Springs

SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

More FUN added

Patriot Progressive Game
Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of Instant

Pinnacle Hearing

at Elmwood at the Springs,
Green Springs • 419-639-2626, Ext. 4306



Aaron Burks, Au. D.
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available

Excuse me, but **WE'RE** the real reason why jobs are fun at

Elmwood

Apply Online!

www.elmwoodcommunities.com

Elmwood

Assisted Living & Skilled Nursing of Fremont

419-332-6533

1545 Fangboner Rd
Fremont, OH 43420

Inpatient & Outpatient Rehab

- Short-Term & Long-Term Care
- Therapy Gym & Warm-Water Pool
- Hydro Room/Whirlpool Tub & More!

www.elmwoodcommunities.com

The Bellevue Hospital Welcomes Dr. Nathan Fogt

Nathan Fogt, D.O. has joined the staff of The Bellevue Hospital as an orthopedic surgeon. He is Board Certified in Orthopedic Surgery and for the past 13 years worked for Mercy Clinic in Defiance, OH, where he was team physician for Defiance College and five area high schools and was past Hospital Chief of Staff. He is a retired U.S. Army Colonel, serving time in Afghanistan, Operation Iraqi Freedom, and Operation Desert Storm with U.S. Army Medical Services. He and his wife are parents of five children and have three grandchildren. His hobbies include travel, hiking, and music.

Education:

Bachelor of Science in Engineering, United States Military Academy, West Point, NY

Doctor of Osteopathic Medicine, Ohio University College of Osteopathic Medicine, Athens, OH

Internship & Residency:

General Orthopedic Residency and Chief Resident, St. Vincent Medical Center, Toledo, OH

Certifications:

American Osteopathic Academy of Orthopedic Surgery

American Osteopathic Association

Nathan Fogt, D.O. *Board Certified Orthopedic Surgeon*

Specialty Physician Services Office:

1400 West Main Street • Bellevue, Ohio 44811

419.547.9890

Physician Office Opening Soon at:

420 W. McPherson Highway • Clyde, Ohio 43410



Dr. Fogt is a member of The Bellevue Hospital's Medical Staff.

